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Claim 1 (amended). A self – cushion airflow shoe ventilating system, which comprises:

A pumping chamber near the heel region wherein the pumping chamber has a half circular configuration which defines a cavity, a first inlet air flow valve extending from the upper section at the back portion of the shoe and connecting to the rear region of the pumping chamber at one end and to an inlet air conduit at the other end, a second outlet air flow valve connects to the front region of the pumping chamber at one end and to a second outlet air conduit at the other end, a third air conduit containing a plurality of air holes which intersects the second outlet air conduit near the mid sole region of said shoe, a fourth air conduit containing a plurality of air holes intersect the second air conduit near the toe region of said shoe and wherein the bottom of the pumping chamber contains a plurality of shock absorbers.

Claim 2 (cancelled). The self – cushion airflow shoe ventilating system of claim 1, wherein the bottom of the pumping chamber contains a plurality of shock absorbers.

Claim 3 (amended). The self – cushion airflow shoe ventilating system of claim 2, wherein the shock absorbers have elongated circular configurations.

Claim 4 (amended). The self – cushion airflow shoe ventilating system of claim 1, wherein the first inlet air flow check valve 4 allows air to enter the pumping chamber through the first air inlet conduit, but prevents said air from exiting back out of said air flow check valve.

Claim 5 (amended). The self – cushion airflow shoe ventilating system of claim 1, wherein the first inlet air flow conduit extends from first inlet air check valve to the top portion of the back of the self – cushion airflow shoe.

Claim 6 (amended). The self – cushion airflow shoe ventilating system of claim 1, where the second air outlet check valve allows air to exit the pumping chamber but prevents air from reentering the pumping chamber.

Claim 7 (amended). The self – cushion airflow shoe ventilating system of claim 1, wherein the second outlet air conduit is centrally located and extends from the pumping chamber region to the toe region of the shoe.

Claim 8 (amended). The self cushion airflow shoe ventilating system of claim 1, wherein the third air conduit intersects the second air conduit at an angle of from 45 to 135 degrees near the mid sole region of the shoe.

Claim 9 (amended). The self – cushion airflow shoe ventilating system of claim 1, wherein the fourth air conduit intersects the second air conduit at an angle of from 45 to 135 degrees near the toe region of the shoe.

Claim 10 (amended). The self – cushion airflow shoe ventilating system of claim 1, wherein the first, second, third and fourth air conduit are hollow on the inside and have elongated circular configurations.

Claim 11 (cancelled). The self – cushion airflow shoe ventilating system of claim 1, wherein the diameters of the plurality of air holes are adjustable.

Claim 12 (cancelled). The self – cushion airflow shoe of claim 11, where the diameters of the plurality of air holes are adjustable from 1mm to 4mm.

Claim 13 (cancelled). The self – cushion airflow shoe of claim 11, wherein the diameters of the plurality of air holes are adjustable from 1MM to 3MM.

Claim 14 (amended). The self – cushion airflow shoe ventilating system of claim 1, wherein the pumping chamber is located near the mid sole region of the shoe.

Claim 15 (amended). The self-cushion airflow shoe ventilating system of claim 1, wherein the pumping chamber is located near the toe region of the shoe.

Claim 16 (amended). A self – cushion airflow shoe ventilating system insert which comprises:

A top insert sole and a bottom insert sole which contains a pumping chamber near the heel region wherein the pumping chamber has an elongated, half circular configuration which defines a cavity, a first inlet air flow valve connected to the front region of the pumping chamber at one end and to a second outlet air conduit at the other end, a third air conduit containing a plurality of air holes intersects the second outlet air conduit near the mid sole region of said shoe, a fourth air conduit containing a plurality of air holes intersect the second air conduit near the toe region of said shoe.